

Manta Rays Swim Team - Fall / Winter 2017-2018

Pre-Season practice starts Monday, September 11th

Practice Group Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
Age Group 3:45-4:45	Age Group 3:45-4:45	Junior Age Group 3:45-4:30	Age Group 3:45-4:45	Age Group 3:45-4:45
Junior Age Group 4:45-5:30	Junior Age Group 4:45-5:30	Age Group 4:30-6:00	Junior Age Group 4:45-5:30	Junior Age Group 4:45-5:30
Seniors 5:30-7:30	Seniors 5:30-6:45 Dryland 6:45-7:30	Seniors 6:00-8:00	Seniors 5:30-6:45 Yoga 6:45-7:30	Seniors 5:30-7:30

Fall / Winter Swim Meet Schedule:

DATE	MEET NAME	VENUE	TYPE
Oct 7	Intrasquad Meet	NYCY	Team
Oct 28 - 29	Jamie Higgins	CMA	USA
Nov 5	Ian Crocker Clinic Meet	Bowdoin	USA
Nov 18	NYCY at DEFY	DEFY	YMCA
Dec 2	KVY at NYCY	HOME	YMCA
Dec 8-10	Bowdoin Open	Bowdoin	USA
Dec 16	SYT at HOME	NYCY	YMCA
Jan 6	NYCY at TCST	NYCY	YMCA
Jan 13-14	Swim Your Own Age	SEALS	USA
Jan 20	NYCY at PBAY	PBAY	YMCA
Feb 4	Maine YMCA All Star Meet	Bates	Y Invite Only
Feb 4	LRSC Tuffin Up	LRSC	USA
Feb 25	Festivus	LRSC	YMCA
Mar 2-4	Y States	Umaine	Y States
Mar 10-11	MSI JO Trials Meet	Bath YMCA	USA
Mar 15-18	MSI JO Championships	Brunswick	USA
TBA	Y New Englands 8 & U	MIT, Boston	YMCA
TBA	Y New Englands 9-10	MIT, Boston	YMCA
TBA	Y New Englands 11-12	MIT, Boston	YMCA
TBA	Y New Englands 13-14, 15-18	MIT, Boston	YMCA
Apr 2 - 6	YMCA National SCY Championships	Greensboro, NC	USA